

1. A method of communicating using optical pulses comprising:

launching the pulses into an optical-fibre communication system including a plurality of sections having dispersion of opposite sign, wherein the pulses are launched at a wavelength at which the system has normal average dispersion.

2. A method of communicating using optical pulses comprising:

transmitting the pulses into an optical communications system including a plurality of sections having dispersion of opposite sign, wherein the pulses have a wavelength and magnitude that allow the pulses to propagate in the system under normal average dispersion.